


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FriendShipCafe Light fare in a friendly atmosphere for all ages Wed.&Thurs.- 11:00-12:00/ 12:30-1:00 Friday-11:00-1:00	1 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 1:00-Open Painting Studio 2:00-Memoir Writing Class	2 10:00-Blood Pressure 10:00-Mobile I&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	3 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:00-"Whole Grains Day" 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	4 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga* 12:30- <u>Garden Therapy</u> 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	5 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	6 Groceries for Seniors Friday, May 5 Drive-Thru Please bring photo id to register If your income is below \$1,437/month, You may be eligible
7 Hospice of Frederick County will be offering to the Deaf Community An informational session on Hospice June 9 1:30-3:00 To register-email to vborggaard@aol.com	8 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Crafts/Cathy</u> 1:00-Open Painting Studio	9 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	10 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30- <u>"Sleep Hygiene"</u> 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	11 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:15-Chair Yoga* 1:30-Tai Chi* URBANA SENIOR CENTER PICNIC See Deb- reservations	12 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	13 URBANA SENIOR CENTER WILL BE HOSTING A PICNIC ON JUNE 11. SEE DEB OR LINDA IF YOU ARE INTERESTED IN ATTENDING 301-600-1048
14 <i>Blood Pressure will now be offered on the first and third Tuesday of every month at 10:00-11:00</i> Flag Day (US)	15 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Music by "Who So Ever Will"</u> 1:00-Open Painting Studio	16 10:00-Blood Pressure 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	17 9:00-S.Training 10:00-Rummikub 10:15-Comp. Dis. Group 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	18 9:00-Quilting 9:00-Chinese/English 12:15-Chair Yoga* 12:30- <u>"Allergies"/</u> Steve 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	19 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold* Trip-Baltimore Harbor Cruise	20 <u>Special Luncheon</u> June 18 Eye of Round Roast/Gravy Baby Whole Potatoes Baby carrots/onions Brownies/W.Cream 12:00 See Deb-reservations 301-600-1048
21 Whitesell Pharmacy will present " <u>Sleep Hygiene</u> " June 10 12:30 Classroom B Father's Day Summer Begins	22 9:30-S.Training 11:00-M&M Exercise 12:30- <u>W. of Fortune</u> 1:00-Open Painting Studio	23 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	24 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinocle 12:30-Zumba Gold* 1:30-Line Dancing*	25 9:00-Quilting 9:00-Chinese/English 12:15-Chair Yoga* 12:30- <u>"Cut To The Core"/lower back pain/</u> Mimi McLaughlin 1:30-Tai Chi* Trip-"Elvis at Seventy"	26 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	27 McLAUGHLIN CHIROPRACTIC WILL PRESENT " <u>CUT TO THE CORE</u> " WHICH ADDRESSES LOWER BACK PAIN JUNE 25, 12:30 CLASSROOM B
28 Classes marked with asterisk means they are scheduled in sessions, prepayment and preregistration is required. S. Training- \$3.00, M&M Exercise- \$1-pay as you go	29 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Music- Charles & Evelyn Summers</u> 1:00-Open Painting Studio	30 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<div>  <h1>June 2015</h1> <h2>FREDERICK SENIOR CENTER</h2> </div>			